

National Diabetes Education Program

Spanish

OMELET

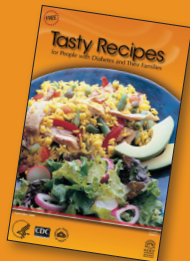


***It's more than food. It's Life.
Más que comida, es vida.***

Would you like to enjoy other tasty recipes? The NDEP's recipe booklet, *Tasty Recipes for People with Diabetes and Their Families* (*Ricas recetas para personas con diabetes y sus familiares*), has recipes specifically designed for the Latin American palate.



NDEP
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NDEP-122

Spanish OMELET

This tasty dish provides a healthy array of vegetables and can be used for breakfast, brunch, or any meal!

Total Servings: 5.

Ingredients:

5 small potatoes, peeled and sliced
Vegetable cooking spray
½ medium onion, minced
1 small zucchini, sliced
1½ cups green/red peppers, sliced thin
5 medium mushrooms, sliced
3 whole eggs, beaten
5 egg whites, beaten
Pepper and garlic salt with herbs, to taste
3 ounces shredded part-skim mozzarella cheese

1 Tbsp. low-fat parmesan cheese

Directions:

- Preheat oven to 375 °F.
- Cook potatoes in boiling water until tender.
- In a nonstick pan, add vegetable spray and warm at medium heat.
- Add onion and sauté until brown.
- Add vegetables and sauté until tender but not brown.
- In a medium mixing bowl, slightly beat eggs and egg whites, pepper,

- garlic salt, and low-fat mozzarella cheese.
- Stir eggcheese mixture into the cooked vegetables.
- In a 10-inch pie pan or ovenproof skillet, add vegetable spray and transfer potatoes and egg mixture to pan. Sprinkle with low-fat parmesan cheese and bake until firm and brown on top, about 20–30 minutes.
- Remove omelet from oven, cool for 10 minutes, and cut into five pieces.

Exchanges:		Nutrition Facts Spanish Omelet		Amount Per Serving	
Meat 2	Vegetable 2/3	Serving Size.....	1/5 of omelet	Calories.....	260 Calories from Fat.....90
Bread 2	Fat 2	% Daily Value (DV)*			
Note: Diabetic exchanges are calculated based on the American Diabetes Association Exchange System.		Total Fat 10g.....	15%	Sodium 240mg.....	10%
		Saturated Fat 3.5g.....	18%	Total Carbohydrate 30g.....	10%
		Trans Fat 0g.....		Dietary Fiber 3g.....	12%
		Cholesterol 135mg.....	45%	Sugars 3g.....	
				Protein 16g.....	
				Vitamin A.....	8%
				Vitamin C.....	60%
				Calcium.....	15%
				Iron.....	8%
				*Percent Daily Values are based on a 2,000 calorie diet.	

Order or download copies of the Más que comida, es vida. materials and the recipe booklet at www.cdc.gov/diabetes/ndep, or call 1-888-693-NDEP.